



# Parkinson's Disease Research Education & Clinical Center PADRECC

Hunter Holmes McGuire Veterans Affairs Medical Center (652/127)  
1201 Broad Rock Boulevard, Richmond, VA 23249  
[www.parkinsons.va.gov/Richmond](http://www.parkinsons.va.gov/Richmond) phone: (804) 675-5931



## 2015 EDUCATION & SUPPORT Group for PARKINSON'S Room 2K113, McGuire VAMC, Richmond, VA

Day/Time: Thursdays 1-3 pm	TOPIC and SPEAKER
January 22	"Tips for Living with PD from a Kinesiotherapist" – Deborah Daimaru, RKT, Physical Medicine & Rehabilitation Department, McGuire VAMC
February 26	"Update on Current & Future Research at PADRECC" – George Gitchel, MS, PhD Candidate, Research Health Science Specialist, Southeast PADRECC
March 26	"Laughter Yoga and Nia" – Heather Umberger, MS, CMT, Integrative Wellness Practitioner
April 23	"Spousal Support & Caregiving in PD" – Jane H. Davis, RN, speaker, author, well-spouse, Fairfax, VA
May 28	"Dental Care tips and Advocacy Perspectives from a Dentist" - Fred P. Woodlief III, DDS, Assistant State Director for Virginia, Parkinson's Action Network (PAN), Clinical Research Advocate, Parkinson's Disease Foundation (PDF)
June 25	"Honoring Choices – discussion about health care values & advance care planning" - Ken Faulkner, VCU representative, Honoring Choices, Virginia
July *	NO MEETING – Vacation!
August 27	"Parkinson's Disease Medications" - Peggy Roberge, RN, PADRECC Clinical Coordinator, McGuire VAMC
September 24	"PD Quality of Life & Community Resources" – Alison Clarke, CTRS, Community Recreation Services Director, Sheltering Arms Physical Rehabilitation Centers
October 22	"Neurological Examination for PD" – with Jessica Lehosit, DO, PADRECC Interim Director & Associate Director of Clinical Care
November *	NO MEETING - Happy Thanksgiving!
December 3 *	"Magic, Juggling and Clowning Fun" with Grandpa Pokey (aka David Canada) plus Annual HOLIDAY SOCIAL

- Sessions are held on 4th Thursday of month from 1-3 pm except for the months of July, November and December. An asterisk (\*) indicates a schedule or date change.
- The first hour (1-2 pm eastern time): educational session with a speaker presentation.
  - First hour is broadcast via tele-health technology to VA Community Based Outpatient Clinics (CBOCs) in Charlottesville, Emporia, and Fredericksburg. We hope to expand service to more CBOC's in 2015.
  - Veterans attending at the CBOCs need to register by calling (804) 675-5931. Note: some Veterans who attend via tele-health may be subject to a co-payment. Please call if you have concerns (804) 675-6952.
- The second hour (2 – 3 pm): informal & separate discussion groups for patient & family members. Note: only available in person at Richmond and takes place in Room 2K-113/115.
- Questions? Contact Lynn Klanchar, RN, MS, PADRECC Education Coordinator at (804) 675-6952